

“Everything...” Made Simple

This plan allows the user to buy and store one year’s supply of food, most of which requires no rotation for 10, 20 or 30 years. The foods are a mixture of cannery items and common pantry items which have a long shelf life. The cost of the food is about \$1 per person per day or \$1.50 with options such as meat. The meals average about 2 cups of breakfast, two cups of dinner and 1/4 loaf of bread per person per day.

All of these meals can be cooked on a rocket stove, which can be made from leftover cans and uses very little wood. By placing a dutch oven on top of a rocket stove, you can do all your baking. Be sure not to place your baking pans directly on the bottom of the dutch oven. A solar oven can also be used for baking and for many of the meals listed here. However, a solar oven will cost around \$200.

There are 7 breakfasts listed which may be used once a week (52 times per year) or you may choose to repeat favorite recipes. There are 15 dinners and you might choose 7 to have once a week or 14 to have every other week for more variety. As you change the number of times you’ll have each meal, you’ll change the numbers in the columns. For example, if you have chosen a dinner to have twice a month instead of every week, you’ll multiply everything by 26 instead of 52.

After you’ve chosen your meals, use the alphabetical shopping list to determine your needs for the year.

item	yrs	meals	total	have	need
oats	30	granola=52c oatmeal=52c	104 c= 9 cans	3 cans 2/08 middle bd	6 cans

The equivalency pages show that there are 12 cups of oats per #10 can so you will need about 9 cans. These pages give you information that you can use to compute the correct amounts of food for your family’s needs and to create your own menus. The water needs for each meal are also listed and can be stored in 55 gallon barrels.

Once you have your basic meals, you can begin to use this system to add breads, desserts, candy and other foods to your supply. Don’t forget to include other basics such as medicines, TP, garbage bags, vitamins, wood for fuel, etc.

Price matching was done on 8/8/2010 and the best price is listed.

BF = bulkfoods.com SS = Sahuaro Spice Co (3611 N. 34 Ave, Phx) CC = Cost CO
MC= Mesa Cannery WM = Wal Mart

(For more details on solar cooking, rocket stoves, bottling meats, vacuum sealing foods and food storage ideas, download the “Everything Under the Sun” booklet. Email wdewitt22@gmail.com and type “booklet” in the subject box.)

1/2 c milk ($\pm 1/8$ c dry milk + 1/2 c water) & 1 tb sugar have been added for most cereals

cream of wheat 27¢/serving	yrs	1 person 1 x / week makes 1 cup	needed per year	13.91
4 tb cereal	10	x 52= 208 tb (41 tb/lb)	208 tb@ .045¢/tb BF	9.36
1 c water		x 52 = 52 c	52 c	0.0
1 tb sugar	30+	x 52 = 52 tb = 3.25 c	3.25 c@24¢/c	0.78
$\pm 1/8$ c dry milk	20	x 52 = 6.5 c	6.5 c@58¢/c MC	3.77
1/2 c water		x 52 = 26 c	26 c	0.00

Heat water & add cereal slowly. Cook until thickened. Add sugar & milk.

granola 38¢ or 46¢ /serving	yrs	1 person 1 x / week makes 1 cup	needed per year	\$19.43 or 23.98
1 c oats	30	x 52 = 52 c	52 c@18¢/c MC	9.36
1 tb honey	30+	x 52 = 52 tb (20 tb/c 13 oz/c)	2.6 c (34 oz) @13¢/oz CC	4.42
1tb shortening	10	x 52 = 52 tb	52 tb@3¢/tb WM	1.56
$\pm 1/4$ tsp cinnamon	10	x 52 =13 tsp (64 tb/lb)	5 tb@6¢/tb SS	0.30
1/8 tsp salt	30+	x 52 = 6.5 tsp	6.5 tsp@.0028¢/tspWM	0.02
$\pm 1/8$ c dry milk	20	x 52 = 6.5 c	6.5 c@58¢/c MC	3.77
1/2 c water		x 52 = 26 c	26 c	0.00
optional:				
1 tb slivered almond	3	x52=52 tb (1/4 oz/tb)	13 oz@22¢/oz CC	2.86
1 tb raisins	3	x52=52 tb (1/4 oz/tb)	13 oz@13¢/oz CC	1.69

Place oats, honey, shortening, cinnamon & salt (opt: almonds) in large bowl and mix well. Cook and stir over high heat until browned. Add raisins. Serve with milk

Solar: Place on cookie sheet and bake until browned. Add raisins. Serve with milk.

grapenuts 35¢/serving	yrs	1 person 1 x per week makes 3/4 c	needed per year	\$18.23
3/4 c grapenuts	10	x 52 = 39c (6c/24 oz box)	6 boxes@ \$2.28 WM	13.68
1 tb sugar	30+	x 52 = 52 tb = 3.25 c	3.25 c@24¢/c WM	0.78
±1/8 c dry milk	20	x 52 = 6.5 c	6.5 c@58¢/c MC	3.77
1/2 c water		x 52 = 26 c	26 c	0.00

Serve with sugar & milk.

malt-o-meal 27¢/serving	yrs	1 person 1 x per week makes 1 c	needed per year	14.03
1/4 c cereal	10	x 52 = 13 c (5.75 c/28 oz box)	2.3 boxes@\$4.12/box WM	9.48
1 c water		x 52= 52 c	52 c	0.00
1 tb sugar	30+	x 52 = 52 tb= 3.25 c	3.25@24¢/c WM	0.78
±1/8 c dry milk	20	x 52= 6.5c	6.5 c@58¢/c MC	3.77
1/4 c water		x 52= 13 c	13 c	0.00

Bring water to a boil, slowly stir in cereal. Cook until thick. Serve with sugar & milk.

Oatmeal 27¢/serving	yrs	1 person 1 x per week makes 2 c	needed per year	\$13.91
1 c oats	30	x 52 = 52 c	52 c @ 18¢/c MC	9.36
2 c water		x 52 = 104 c	104 c	0.00
1 tb sugar	30+	x 52 = 52 tb = 3.25 c	3.25 c24¢/c WM	0.78
±1/8 c dry milk	20	x 52 = 6.5 c	6.5 c@58¢/c MC	3.77
1/2 c water		x 52 = 26 c	26 c	0.00

Bring water to a boil, add oats. Cook to desired consistency. Serve with sugar & milk.

pancakes 31¢ or 30¢ /serving	yrs	1 person 1 x per week makes 5 pancakes & 1/4 c syrup	needed per year	\$15.96 or 15.78
1 c Krusteaz	5+	x 52 = 52 c (40c/10lb bag)	52c 1.3 bags @\$6/10 lb bag CC	7.80
± 3/4 c water		x 52 = 39 c	39 c	0.00
6 tb sugar (for 1/4 c syrup)	30+	x 52 = 312 tb = 19.5 c	19.5 c @ 24¢/c WM	4.68
3tb water/syrup		x 52 = 10 c	10 c	0.00
± 1/8 tsp maple flavor	10+	x 52 = 2 tb	2 oz @ \$3.48 / 2 oz WM	3.48
optional:				
1/4 c pancake syrup	5	x 52 = 13 c or 104 oz	4.3 24 oz bottles @\$1.84/24 oz WM	7.98

Syrup: Place sugar & 3 tb of water in sauce pan. Bring to a boil. Cook until thickened. Add a drop of maple flavor. Blend ±3/4 c water & pancake mix. Cook on rocket stove.

rice cereal 29¢/serving	yrs	1 person 1 x per week makes 1.5 c	needed per year	\$15.18
1/2 c rice	30+	x 52 = 26 c	26 c @ 27¢/c	7.02
1 c water		x 52 = 52 c	52 c	0.00
1 tb sugar	30+	x 52 = 3.25 c	3.25c @ 24¢/c WM	0.78
1/2 tsp vanilla	10	x 52 = 26 tsp (6 tsp/oz)	5 oz @ 12¢/oz WM	0.60
2 tsp knox	30+	x 52 = 104 tsp	104 tsp @ 3¢/tsp BF	3.12
1/2 c water		x 52 = 26 c	26 c	0.00
±1/8 c dry milk	20	x 52 = 6.5 c	6.5c @ 58¢/c MC	3.77
1/2 c water		x 52 = 26 c	26 c	0.00

Add rice & 1 c water. Cook 25 min or until done. Mix knox w 2 tb cold water then 2 tb hot water & stir. Mix thickened knox & sugar into cooked rice. Cook again until rice has thickened. Add vanilla. Serve with milk. (opt: cook without gelatin)

beans 53¢ or 96¢	yrs	4 people 1 x per week 1.5 c per person	needed per year	109.36 200.56
3 cans beans	10	x 52 = 156 cans	156 cans@66¢/can WM	102.96
2 tb dry onions	30	x 52 = 104 tb	104 tb@3¢/tb MC	3.12
2 tsp salt	30+	x 52 = 104 tsp	104tsp@.0028¢/tsp	0.30
±1/2 tsp pepper	10+	x 52 = 26 tsp	26 tsp@.014¢/tsp CC	0.37
1/2 tsp thyme	10	x 52 = 26 tsp	26 tsp@.025¢/tsp BF	0.65
1/4 tsp garlic	10	x 52 = 13 tsp	13 tsp@.016¢/tsp WM	0.21
2 tb parsley	10	x 52 = 104 tb (30tb/oz)	3.5 oz@50¢/oz SS	1.75
optional:				
2 tsp chili powder	10	x 52 = 104 tsp	104tsp@.015¢/tsp WM	0.20
1 pint beef	3-5	x 52=52 pints 1 lb/pint	52 lb@ \$1.75/lb	91.00

Mix all ingredients and heat.

beef or chicken soup 66¢	yrs	4 people 1 x per week 2 c per person	needed for year	137.13
1 pint beef/chicken	3-5	x 52 = 52 pints 1lb/pint	52 pints@\$1.75/lb	91.00
6 c water		x 52 = 312 c	312 c	0.00
6 tsp beef/chicken soup base	10	x 52 = 312 tsp (32 tb/lb)	104 tb@6¢/tb CC	6.24
2/3 c carrots	25	x 52= 35 c	35 c@59¢/c MC	20.65
4 tb dry onion	30	x 52 = 208 tb	208 tb@3¢/tb MC	6.24
1 tsp salt	30+	x 52 = 52 tsp	52 tsp@.0028¢/tsp	0.15
1/2 tsp pepper	10+	x 52 = 26tsp	26@.014¢/tsp CC	0.37
±1 c potato flakes	30+	x 52 = 52 c	52 c@24¢/c MC	12.48

Mix all ingredients and heat.

beefy rice 42¢ or 86¢	yrs	4 people 1 x per week 2 c per person	needed per year	61.88 152.88
2 c rice	30+	x 52 = 104	104@27¢/c MC	28.08
4 c water		x 52 = 208 c	208 c	0.00
2 can mshrm soup	10	x 52 =104 cans (10 oz)	104@50¢/can WM	52.00
2 tb beef soup base	10	x 52 = 52 tb (32tb/lb)	52 tb@8¢/lb BF	4.16
2 tb dry onion	30	x 52 = 104 tb	104 tb@3¢/tb MC	3.12
1 tsp salt	30+	x 52 = 52 tsp	52 tsp@.0028¢/tsp	0.15
1/2 tsp pepper	10+	x 52 = 26tsp	26 tsp@.014¢/tsp	0.37
optional:				
1 pint beef or chicken	3-5	x 52 = 52pints 1lb/pint	52 pints@\$1.75	91.00

Add water & rice, cook 25 min. or until done. Add all other ingredients and heat.

black beans & rice 47¢ or 90¢	yrs	4 people 1 x per week 2 c per person	needed per year	\$97.18 188.18
1.5 c rice	30+	x 52 = 78c	78 c@26¢/c MC	20.28
3 c water		x 52 = 156 c	156 c	0.00
2 cans black beans	10	x 52 = 104 cans	104@66¢/can WM	68.64
2 tsp salt	30+	x 52 = 104 tsp	104 tsp@.0028¢/tsp	0.30
1 tsp pepper	10+	x 52 = 52 tsp	52 tsp@.014¢/tsp CC	0.73
2 tb dry onion	30	x 52 = 104 tb	104 tb@3¢/tb MC	3.12
± 1 tsp garlic powder	10	x 52=52 tsp (192 tsp/lb)	52@.016¢/tsp WM	0.83
±1 tsp cumin	10	x 52 = 52 tsp= 17 tb	17 tb@.066¢/tb SS	1.12
1/2 tsp cayenne	10	x 52 = 26 tsp=1/8 lb	1/8 lb@\$4.50/lb SS	0.56
± 2 tsp cilantro	10	x52=90 tsp (30 tb/oz)	1 oz@\$16/lb SS	1.60
optional:				
1 pint beef	3-5	x 52=52 pints 1lb/pint	52 pints@\$1.75/lb	91.00

Add rice & water, cook 25 min. Mix other ingredients and heat. Serve over rice.

cajun rice 40¢ or 94¢/serving	yrs	4 people 1 x per week 2 c per person	needed per year	85.52 \$196
2 c rice	30+	x 52 = 104 c	104 c@.27¢/c MC	28.08
4 c water		x 52 = 208 c	208 c	0.00
±1/2 c carrots	25	x 52 = 24 c	24 c@59¢/c MC	14.16
1 can tomatoes	10	x 52 = 52 cans	52cans@50¢/canWM	26.00
2 tb dry onion	30	x 52 = 104 tb	104 tb@3¢/tb MC	3.12
4 tsp worcestershire	10	x 52 = 208 tsp=4.3 c	35 oz@12¢/oz WM	4.20
3 tb parsley	10	x 52=156 tb (30tb/oz)	5 oz@50¢/oz SS	2.50
1 tsp salt	30+	x 52 = 52 tsp	52tsp@.0028/tsp WM	0.15
1 tsp pepper	10+	x 52 = 52 tsp	52 tsp@.014¢/tsp CC	0.73
1 tsp sugar	30+	x 52 tsp (1.1 c)	1.1c@24¢/c WM	0.26
±1/2 tsp bay season	10	x 52 = 10 tb (30 tb/oz)	1/3 oz@22¢/oz SS	0.07
4 tb cornstarch	30+	x 52 = 208 tb 56 tb/lb	3.7 lb@88¢/lb WM	3.25
± 1 c water		x 52= 52 c	52 c	0.00
optional:				
1 pint chicken	3-5	x 52 = 52 pints	52 pints@ \$1.75/lb	91.00
1/2 c slivered almond	3-5	x 52 = 26 c (4 oz=1c)	6.5 lb@\$3.50/lb CC	22.75

Add rice & 4 c water, cook 25 min. Mix (opt. chicken) carrots, undrained tomato, onion, Worcestershire, parsley, salt, pepper, sugar & bay; cook 30 min. Mix cornstarch & 1 c water, add to veg. mixture, cook until thickened. Serve over rice (add opt. almonds)

canned chile & cornbread 89¢	yrs	4 people 1 x per week 1 1/2 c & a 4"x4" cornbread	needed per year	185.12
3 cans chili	10	x 52 days = 156 cans	156@\$1/can WM	156.00
1 box jiffy mix	3-5	x 52 = 52 boxes	52@50¢/box WM	26.00
2 tsp unflav. gelatin	30+	x 52 = 104 tsp	104tsp@3¢/tsp BF	3.12
1/2 c water		x 52 = 26 c	26 c	0.00

Heat canned chili. Mix gelatin w 2 tb cold water then 2 tb hot water & add to cornbread mix. Cook in solar oven or in dutch oven over a rocket stove.

fry bread & beans 46¢ or 48¢ /serving	yrs	4 people 1 x per week 2 breads per person	needed per year	95.76 100.44
4 c flour	10+	x 52 = 208 c	208c@25¢/c MC	52.00
±1.5 c warm water		x 52 = 78 c	78 c	0.00
1 tsp salt	30+	x 52 = 52 tsp	52 tsp@.0028/tsp	0.15
1/2 tb baking soda	30+	x 52 = 26 tb (32tb/lb)	26tb@.015¢/tbWM	0.39
1 tb crm tartar	30+	x 52 =52 tb	52 tb@8¢/tb BF	4.16
4 tb melted shortening	10	x 52=208 tb (38tb/lb)	5.5 lb@\$1.24/lb WM	6.82
2 c refried bean flakes	5+	x 52 = 104 c	104 c@31¢/c MC	32.24
1 1/2 c water		x 52 = 78 c	78 c	0.00
optional:				
1/2 tsp cumin	10	x 52 = 26 tsp = 9 tb	9 tb@.066¢/tb SS	0.59
1/4 tsp crush red pepper	10	x 52 = 13 tb = 4 tb	4 tb@.07¢/tb SS	0.28
1 tb dry onion	30	x 52 = 52 tb	52 tb@3¢/tb MC	1.56
1/2 tsp cilantro	10	x 52 = 26 tsp = 9 tb	9 tb@25¢/tb SS	2.25

Rocket stove only: Mix flour, salt, baking soda, cream of tartar and enough of the warm water to make a soft, pliable dough. Cover & let it raise for 30 min. Break off small pieces and pat into flat circles. Deep fry in the melted shortening. Heat 1 1/2 c water, add bean flakes (& opt.spices) cover & cook 10 min. Spread over fry bread.

Minestrone 49¢ or 93¢	yrs	4 people 1 x per week 2 c per person	needed per year	\$101.36 or\$192.36
1 c macaroni	30	x 52 = 52 c	52 c@28¢/c MC	14.56
1 can corn	10	x 52 = 52 cans	52@50¢/can WM	26.00
1 can grn beans	10	x 52 = 52 cans	52@50¢/can WM	26.00
1 can tomatoes	10	x 52 = 52 cans	52@50¢/can WM	26.00
2 tb dry onion	30	x 52 = 104 tb	104 tb@3¢/tb MC	3.12
2 tsp salt	30+	x 52 = 104 tsp	104 tsp@.0028¢/tsp	0.30
± 1 tsp pepper	10+	x 52 = 52 tsp	52tsp@.014¢/ts CC	0.73
1 tsp garlic pdr	10	x 52 = 52 tsp	52 tsp@.016¢/tsp WM	0.83
1 tsp thyme	10	x 52 = 52 tsp	52 tsp@.025¢/tsp BF	1.31
2 tb parsley	10	x 52 = 104 tb (30tb/oz)	3.5 oz@50¢/oz SS	1.75
1 c water		x 52 = 52 c	52 c	0.00
optional:				
1 pint beef	3-5	x 52=52 pints (1lb/pint)	52pints@\$1.75/lb	91.00

Mix all ingredients and cook 20-30 min. Do not drain the canned goods.

navy bean soup 56¢or79¢/serving	yrs	4 people 1 x per week 2 c per person	needed per year	115.96 167.96
3 cans white beans	10	x 52 = 156 cans	156@72¢/can WM	112.32
2 tb dry onion	30	x 52 = 104 tb	104 tb@3¢/tb MC	3.12
±1 tsp salt	30+	x 52 = 52 tsp	52 tsp@.0028¢/tsp	0.15
1/2 tsp pepper	10+	x 52 = 26 tsp	26 tsp@.014¢/tsp CC	0.37
optional:				
1 pint ham	3-5	x 52=52 pints	52 pints@\$1/lb	52.00

Mix all ingredients and heat.

rice-a-roni 33¢ or 88¢ /serving	yrs	4 people 1 x per week 2 c per person	needed per year	69.50 183.25
1.5 c rice	30+	x 52 = 78 c	78 c@27¢/c MC	21.06
1/3 lb dry spaghetti	30	x 52 = 17 lb	17 lb@.054¢/oz MC	14.68
4 tb shortening	10	x 52 = 208 tb (38t/lb)	5.5 lb@\$1.24/lb WM	6.82
±1/2 c carrots	25	x 52 = 26 c	26 c@59¢/c MC	15.34
2 tb dry onion	30	x 52 = 104 tb	104 tb@3¢/tb MC	3.12
2 tb parsley	10	x 52 = 104 tb (30tb/oz)	3.5 oz@50¢/oz SS	1.75
1 tsp ginger	10	x 52 = 52 tsp	52 tsp@.026/tsp SS	1.35
1 tsp garlic	10	x 52 = 52 tsp	52tsp@.016¢/tspWM	0.83
1 tsp salt	30+	x 52 = 52 tsp	52 tsp@.0028¢/tsp	0.15
4 tsp chkn soup base	10	x 52 =70 tb (32 tb/lb)	2.2lb@\$2/lb CC	4.40
3.5 c hot water		x 52 = 182 c	182 c	0.00
optional:				
1 pint chicken	3-5	x 52 =52 pints (52 lb)	52 pints@ \$1.75/pint	91.00
1/2 c slivered almonds	3-5	x 52 = 26 c (4 oz/c)	6.5lb@\$3.50/lb CC	22.75

Break spaghetti noodles into 1"-2" pieces. Heat shortening, add the rice & spaghetti & cook until browned. Add all other ingredients, stir, cover pan & cook on low heat 25 min.

salmon & rice \$1.17/serving	yrs	4 people 1 x per week 2 c per person	needed per year	243.32
1 pint salmon	3-5	x 52 days = 52 pints	52 pints @ \$4/lb	208.00
2 c rice	30+	x 52 = 104 c	104 c@27¢/c MC	28.08
4 c water		x 52 = 208 c	208 c	0.00
2 tb lemon pepper	10	x 52 = 104 tb	104 tb@6¢/tb CC	6.24
1 tb parsley	10	x 52 = 52 tb (30tb/oz)	2 oz@50¢/oz SS	1.00

Add water & rice, cook 25 min. Serve salmon, lemon pepper & parsley over rice.

shepherd's pie 61¢ or \$1.04/serving	yrs	4 people 1 x per week 2 c per person	needed per year	\$126.19 or \$217.19
1 can tomato soup	10	x 52 = 52 cans	52cans@50¢/can WM	26.00
1 can corn	10	x 52 = 52 cans	52cans@50¢/can WM	26.00
1 can green beans	10	x 52 = 52 cans	52cans@50¢/can WM	26.00
2 tb dry onion		x 52 = 104 tb	104 tb@3¢/tb MC	3.12
2 tsp salt	30+	x 52 = 104 tsp	104 tsp@2.0028¢/tsp	0.30
1/2 tsp pepper	10+	x 52 = 26 tsp	26 tsp@.014¢/tsp CC	0.37
3 c potato flakes	30	x 52 = 156 c	156 c@24¢/c MC	37.44
±1/4 c dry milk	20	x 52 = 12 c	12 c@.58¢/c MC	6.96
4 c water		x 52 = 208 c	208 c	0.00
optional:				
1 pint beef	3-5	x 52 = 52 pints 1lb/pint	52 pints@\$1.75/pint	91.00

Mix (opt. beef) soup, drained corn, drained green beans, onion, salt & pepper in pan. Heat water and dry milk add potato flakes. Spoon over vegetable mixture.

spaghetti 47¢ or 84¢	yrs	4 people 1 x per week 2 c noodles 1 c sauce pp	needed per year	\$97.24 175.24
1 qt sauce	10	x 52 days = 52 qts	52 qts@\$1/qt WM	52.00
1 lb noodles	30	x 52 = 52 lb	52 lb@87¢/lb MC	45.24
8 c water		x 52 = 416 c	416 c	0.00
optional:				
1 pint meat	3-5	x 52 = 52 pints	52 pints @ \$1.50/lb	78.00

Cook spaghetti noodles in water and serve with sauce (& opt. meat)

sweet & sour rice 54¢ or \$1.09	yrs	4 people 1 x per week 2 c per person	needed per year	112.30 226.05
2 c rice	30+	x 52 = 104 c	104 c@27¢/c MC	28.08
4 c water		x 52 = 208 c	208 c	0.00
1 can pineapple	10	x 52 = 52 cans	52 cans@\$1/can WM	52.00
1.3 c sugar	30+	x 52 = 69 c	69 c@24¢/c WM	16.56
2/3 c vinegar	30+	x 52 = 35 c	35c@.122¢/c WM	4.27
4 tb cornstarch	30+	x 52 = 208 tb (56tb/lb)	208 tb@.015¢/lb WM	3.12
4 tb soy sauce	10	x 52=208 tb 256 tb/gal	4/5 gal@\$8/gal cc	6.40
1 tsp molasses	10	x 52 = 52 tsp = 18 tb (24 tb/12 oz bottle)	8 oz@\$2.50/12 oz	1.87
opt: 1 pint chicken	3-5	x 52= 52 pints 1lb/pint	52 pints@ \$1.75/lb	91.00
1/2 c slivered almond	3-5	x 52 = 26 c (4 oz/c)	6.5lb/#3.50/lb CC	22.75

Add water & rice, cook 25 min. Mix the rest of ingredients, cook until thick, serve on rice

taco soup 43¢ or 87¢/serving	yr	4 people 1 x per week 2 c per person	needed per year	90.271 181.27
1 can kidney beans	10	x 52= 52 cans	52@66¢/can WM	26.00
1 can corn	10	x 52= 52 cans	52@66¢/can WM	26.00
1 can tomatoes	10	x 52= 52 cans	52@66¢/can WM	26.00
±2 TB taco season	10	x 52= 104 tb	104 tb@.049¢/tb CC	5.09
1/2 tsp garlic	10	x 52= 26 tsp	26 tsp@.016¢/tspWM	0.42
4 tb dry onion	30	x 52= 208 tb	208 tb@3¢/tb MC	6.24
1 tsp salt	30+	x 52= 52 tsp	52 tsp@.0028¢/tsp	0.15
1/2 tsp pepper	10+	x 52= 26 tsp	26 tsp@.014¢/tsp CC	0.37
± 2 c water		x 52= 104 c	104 c	0.00
opt: 1 pint beef	3-5	x 52 = 52 pints	52 pints@ \$1.75/lb	91.00

Mix all ingredients and heat. Do not drain canned foods.

bread 9x5 loaf 15¢ or 24¢	yrs	4 people 1 x per day 2 (1/2") slices per person	needed	225.9 355.06
2 c white wheat (makes 3 c flour)	30+	x 365=730 c (1095 c flour)	61 #10 cans MC (12 c/# 10 can)	157.68
±1 tb yeast	5+	x 365=365 tb (48 tb/lb)	8 lb@\$1.95/lb CC	15.60
1 c warm water		x 365 c	365 c	0.00
1/4 c sugar (or honey)	30+ 30+	x 365= 91 c x 365= 91 c (6c/5lb)	91 c@24¢/c WM 75lb@\$2/lb CC	21.84 (151.00)
± 1 tsp salt	30+	x 365 = 365 tsp	365@.0028¢/tsp	1.02
2 tb melted shortening	10	x 365=730 tb (16 tb/c 2 c /lb)	23 lb (8- 3lb cans @\$3.72/can) WM	29.76

In a large bowl, dissolve the sugar in warm water, and then stir in yeast. Allow to proof until yeast resembles a creamy foam.

Mix salt and oil into the yeast. Mix in flour one cup at a time. Knead dough until smooth. Lightly oil the dough and cover with a damp cloth. Allow to rise until doubled in size, about 1 hour. Punch dough down. Knead a few minutes, shape into loaf, place into an oiled 9x5 inch bread pan. Allow to rise 30 minutes or until dough has risen 1 inch above pans. Bake 30 - 45 min or until browned.

You can also place the dough into 4 pint size oiled mason jars instead of the loaf pan, let them rise and bake 4 individual jar breads. These can be sealed for later use by placing a lid and ring on the jar immediately after it has baked. As it cools, the lid will seal the jar and keep the bread fresh for weeks.

Shopping list:

Create a food storage notebook and keep your shopping list in it. The “have” column is where you will list how much you have, when you purchased it and where it is located: “30 lb 8/10 middle bedroom”. Be sure to date all of your foods.

The 5 year foods (almonds, cornbread mix, Krusteaz, raisins and syrup) can be placed together for easier rotation. Keep the yeast in your freezer.

Meat Rotation: If you have a meat dish for every day, bottle 365 jars of meat and place 50 jars in your kitchen pantry and the rest in your food storage. If you use 2 jars per week, the 50 jars in your pantry will be gone in about 6 months. Bottle 50 more jars, place those jars in your food storage and take out another 50 for your pantry. Your entire stock will be rotated in about 3 years. If you use 6 jars per month, it will take about 5 years to rotate your supply.

Adjust the table according to your needs.

SHOPPING LIST

item	yrs	meals item is in	total	have	buy
almonds	5				
bak soda	30				
bay	10				
beans: (canned)	10				
black					
kidney					
pinto					
refried					
white					
beef	5				
beef soup base	10				
carrots	25				

item	yrs	meals item is in	total	have	buy
cayenne	10				
chicken	5				
chicken soup base	10				
chili canned	10				
chili powder	10				
cilantro	10				
corn	10				
cornbread	5				
cornstarch	30				
crm/tartar	30				
crm/wheat	10				
cumin	10				
flour	10				
garlic pwdr	10				
ginger	10				
grapenuts	10				
green bns	10				
ham	5				
honey	30				
Knox type gelatin	30				
krusteaz	5				

item	yrs	meals item is in	total	have	buy
lemon pepper	10				
macaroni	30				
malt-o-meal	10				
maple	10				
milk (dry)	20				
oats	30				
onion	30				
oregano	10				
parsley	10				
pepper	10				
pineapple canned	10				
potato flakes	30				
raisins	5				
red pepper crushed	10				
rice	30				
salmon	5				
salt	30				
shortening	10				
soup	10				

item	yrs	meals item is in	total	have	buy
soy sauce	10				
spaghetti noodles	30				
spaghetti sauce	10				
sugar	30				
syrup	5				
taco seas	10				
thyme	10				
tomato (canned)	10				
tomato soup	10				
vanilla	30				
vinegar	30				
wheat	30				
worcester sauce	10				
yeast	5				
water					

EQUIVALENCY INFORMATION

Shelf life will always be diminished by heat and/or moisture.

Letting foods “air out” in a large bowl will often take away that rancid or metallic smell.

Applesauce (jars) 10 yrs 16 Tb / c 4 c / qt
Apple slices (dehydrated)..... 30 yrs 10 c / #10 can =1 1/4 lb 1 c dry + 1/2 c water = 2 c fresh
Baking powder 1 to 2 yrs 32 Tb = 1 lb Test: add 1 tsp to 1/3 c hot water. If it foams and bubbles, it’s good. Exchange baking powder with 2 parts cream of tartar + 1 part baking soda.
Baking soda Indefinite 32 Tb=1lb Store in sealed container in cool dry place.
Test: add to water...if it bubbles, it’s good.
Beans (dry)..... 30 yrs 12 c / #10 can 1 lb =2 1/2 c dry = 6 c cooked
Butter (almost).....1 lb shortening + 1/2 tsp salt + 1 2/3 c condensed milk. Whip the shortening and salt until light. Add the condensed milk a little at a time and blend.
Butter (canned) 10+ yrs Purchase online. 12 oz can=24 Tb or 3 sticks of butter
Cake mixes.....3-5 yrs Vacuum seal cake, cookie, cornbread, and other mixes
Candy.....Vacuum seal: chocolates 3 yrs / jelly beans, hard candies, etc 6+.
Canned foods.....10 yrs “Canned food maintains its high eating quality for more than two years and is safe to eat as long as the container is not damaged in any way.” (Canned Food Alliance) Toss out any bulging, dented or weeping cans. When in doubt, throw it out.
Carrots (dehydrated) 25 yrs 12 c / #10 can=2 1/2 lb 1/2 c dry=1 c hydrated carrots
Celery (dehydrated) 25 yrs 12 c / #10 can 2 oz=1 c 1/2 c dry=1 c hydrated celery
Cheese (canned) 10+ yrs Purchase online Can be sliced. shredded or melted 8 oz per can
Cheese powder 5+ yrs Vacuum seal 4 c / 1 lb 96 Tb=1 lb use for mac & cheese
Chili (canned).....10+ yrs Hormel website says “indefinite”
Cocoa powder..... 20+ yrs 90 Tb =1lb Vacuum seal in jars Will smell rancid if bad
Cornmeal 6+ yrs 4 c=1 lb Vacuum seal in jars
Cornstarch Indefinite 45 Tb=1lb Store in sealed container.
Corn syrup..... Indefinite
Cream of tartar.....Indefinite 3 Tbs = 1 oz 48 Tbs = 1lb Vacuum seal in jars
Eggs (fresh).....1 yr Lightly coat eggs w warm mineral oil. Store point down in cool, dark place or in refrigerator.
Eggs (powdered)10 yrs 32 eggs=1 lb 2 eggs=1 oz Use gelatin (Knox) as egg substitute
Egg substitute.....See Gelatin
Flour (white) 10+ yrs 12 c / #10 can 19 c=5 lb
Gelatin (Knox type)..... Indefinite 192tsp / lb 1 tsp=1 egg Egg substitute: 1 tsp gelatin + 2 Tb cold water + 2 Tb hot water=1 “egg (about 3¢/tsp@ bulkfoods.com) Store in sealed container.
Grapenuts.....5+ yrs 6c / 24 oz box Vacuum seal
Honey..... Indefinite 20 Tb=1 c=13 oz 6 c=5 lb De-crystallize honey by heating.
Hot cocoa 2+ 12 c / #10 can #10 can=56 liquid c
Krusteaz Pancake mix.....5+ yrs 1c mix = 5 (5”) pancakes Store in 10 lb bag /makes 240
Macaroni 30 yrs 12 c / #10 can 4 c = 1 lb 2 c dry=5 c cooked
Malt-o-meal 6+ yrs 5.75 c dry/28 oz 1/4 c dry=1 c cooked Vacuum seal
Meats..... 3-5 yrs 1 pint bottle holds 1lb of meat 1 qt bottle holds 2#lb
Molasses.....10 yrs
Milk (nonfat dry)..... 20 yrs 12 c/#10 can=58 liquid c 1/3 lb dry=1 c dry 1/4 c dry = 1 c milk
Buttermilk: 1 c water, 1/3 c dry milk, 1 Tb vinegar or lemon juice. Let it sit 5 min.
Condensed milk: 1/2 c hot water, 1 c sugar, 1/4 c dry milk, 1 c water. Place in canning jar with lid & shake

Eagle Brand: 1 c hot water, 1/3 c corn syrup, 1 2/3 c sugar, 1/4 tsp vanilla, pinch of salt, 1/2 c butter, 2c dry milk. Place all ingredients except butter in canning jar with lid and shake until well blended. Gradually add the butter and shake each time until well blended.

Evaporated milk: 1 c water, 2/3 c dry milk.

Shelf stable milk: Whole, 2%, soy & rice. Real milk that sits on the shelf and has a 1+ year shelf life.

Skim milk: 1c water + 1/4 c dry milk.

Whole milk 1 c water + 1/3 c dry.

Mushrooms (dehydrated).....20 yrs 4 c dehydrated=3 oz 20 c=1 lb Vacuum seal

Noodles (egg)6 yrs 4 c=8 oz 2 c dry=2 c cooked Vacuum seal

Nuts.....3-5 yrs Slivered: 4 oz/c 4c/lb Vacuum seal

Oats (regular) 30 yrs 12 c /#10 can 1 c = 4 oz 1 c dry = 2 c cooked

Onion (dehydrated) 30 yrs 12 c / #10 can=192 Tb 6 Tb dry = 1 c fresh onion 16 Tb dry/1 c

Parsley flakes..... 10+ yrs 30 Tb = 1 oz Vacuum seal.

Peanut butter.....2+ yrs unopened

Pepper..... 10+ yrs 4 Tb = 1 oz 4 c/lb Vacuum seal.

Popcorn..... Indefinite 12 c / #10 can 1 c popcorn=16 c popped If it doesn't pop well, sprinkle a little water over the kernels, shake, then place in an air tight container for at least a day.

Potato flakes.....30 yrs 12 c/#10 can 3c water+1tsp salt+1c milk+3c flakes= 4.5 c potato

Raisins..... 3-5 yrs 4c/lb Vacuum seal

Refried bean flakes.....5+ yrs 12c/#10 can 1 1/2 c flakes + 1 c water= 1 1/2 c beans

Rice30+ 12c/#10 can 2 1/3 c/lb 1c raw = 3 c cooked

Salt 30+ 117 tsp/26 oz container

Shortening 10 yrs unopened 38 tb/lb 16tb/c After opening, melt, pour into jars, place lid and ring on jar. As it cools, jar will seal and extend shelf life.

Soup base (bouillon)..... 10 yrs 96 tsp/lb 16 tb/c 1/8 - 1/4 c dry makes 6 c broth

Soy Sauce.....5+ yrs 16 tb/c

Spaghetti noodles 30 yrs 4 lb / #10 can 8 oz=4 c cooked

Spaghetti sauce (glass jars).....10 yrs May darken in color but safe to eat.

Spices 10 yrs 1 c=4 oz=16 Tb 64 Tb= 1# Vacuum seal

Sugar (white) Indefinite 16 Tb/c 2 c=1 lb Does not need to be canned or sealed

Sugar (brown) Indefinite 1 1/3 c=1 lb Vacuum seal

Syrup (bottled).....3+ yrs

Syrup (homemade).....indefinite 1 c water + 2 c sugar. Boil til thick; add maple flavor. Make just what you need as this will not keep without refrigeration.

Tabasco.....5+ yrs

Tapioca 10+ yrs 40 Tb=1 lb 1 Tb=1 c cooked Vacuum seal

Tomato powder 15+ yrs 1 c powder + 2 c water=2 c tomato sauce Vacuum seal

Vanilla (imitation).....10+ yrs

Vinegar.....Indefinite

Wheat..... 30+ yrs 5.8 # / #10 can =12 c=18 c flour when ground

1 c wheat = 1 1/2 c flour 2 1/3 c wheat / 1# = 3 1/2c flour

Worcestershire.....10 yrs

Yeast 5+ yrs in freezer (1 yr out) 2# Red Star compressed dry yeast = 96 Tb

Test yeast: add 1/2 tsp to 1/2 c warm water. It should bubble after a minute or two and smell good.